



Walking. Who Knew?

Who knew walking briskly at least 30 minutes a day, 5 days a week, could dramatically improve your health? Walking is one of the easiest ways to exercise, and research has shown it can also help reduce your risk of some diseases. See how easy it is to step up to better health by joining AARP and Newington Parks and Recreation Department for AARP's free 10-Week Family Walking Program. Health fair and kick-off is 10 AM Saturday, May 17th, 2008 at Mill Pond Park in Newington, CT. Group walks are every Friday morning at 9:30 AM at Mill Pond Park. Complimentary talks on health & wellness and breakfast included!



HEALTH / FINANCES / CONNECTING / GIVING / ENJOYING



**National Recreation
and Park Association**